THE Lions' Pride
OF SAINT LEO UNIVERSITY

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Virus spreads across campus computers

BY ANDREW LEVENGOOD
Lions' Pride Staff Writer

Lately, students who have used a flash drive in the library have been contracting a virus called silly32. This virus transmits from a computer to a flash drive, and then on to any computer that the infected flash drive is inserted into. This virus, which shows as raidhost.exe in Windows, applies .com attributes to files and infects files such as "startfolder".com and "config".com.

The best course of action to fight this virus is to quarantine and remove the infected files as soon as possible. Also students with a school provided laptop should update LANDesk Antivirus definitions. This can be done by right clicking the LANDesk icon and selecting "Update virus definition files." Students should run virus scans at least three times a week.

Students who come in contact with external devices run the risk of contracting a virus. Periodically scanning these devices can stop infections. The main cause of viruses, like the silly32, is the transmission of files through the internet and peer to peer networks. Students who download files from the internet, legally or illegally, risk obtaining a virus. When downloading files from an unknown source the computer risks contracting a virus because the user is putting complete faith in the uploader. Downloading a file from an unknown source "is like sharing a toothbrush," according to Eric Maule Univeristy Technology Services technical support specialist.

Students who have laptops not provided by the school should obtain an adequate antivirus system to prevent viruses. There are several free antiviral protections such as AVG, Avast, and Avira. Both students with school laptops and without them should consider downloading Malwarebytes Anti-malware, which is a free antimalware application. For a list of other free applications to prevent viruses, adware, and malware students should visit UTS. UTS hours of operation are8 a.m. – 5 p.m., Monday through Friday and after-hours support in the library Friday, 5 p.m.-7 p.m. and Saturday 5 p.m. – 10 p.m. Or, contact the UTS Help Desk phone line, 352-588-8888.

Life saving vaccines now available to Saint Leo community

BY KATIE GAISER
Lions' Pride Layout Editor

Photograph from CDC

A vaccine for a serious virus which has infected over 46,000 college students across the nation as of mid-October is now available on campus.

As of last week, nearly half of the 200 doses of the live attenuated influenza vaccine (LAIV) given to the Saint Leo Health Center, remained available to students, faculty, and staff.

According to the Vaccine Information Statement provided by the Center for Disease Control (CDC), the LAIV comes in the form of a nasal spray.

"The vaccine is very safe and takes only a few minutes to administer," said Teresa Dadez, RN for the Saint Leo Health Center. A former ER nurse, Dadez has always received a yearly flu shot. "There are certain people who shouldn't take this form of the vaccine, but the majority of students under the age of 25 are encouraged to get it since they are at greater risk of contracting the H1N1 virus."

Although the LAIV may cause some side effects, the vaccine virus itself has been weakened so it will not cause the flu. Students may experience some mild, uncomfortable side effects including achiness and runny nose, but these symptoms should clear up within a day or two of receiving the vaccine.

Those who should refrain from getting the LAIV are women who are pregnant, people with long-term health problems such as heart disease or asthma, children from 6 months to 2 years of age, and adults 50 years or older. People should also be aware of their allergies and consult their physicians before taking the live virus if serious allergies exist. One of these allergies includes eggs.

"Since the anti-virus is actually made in eggs, those who have severe/life-threatening allergies to eggs should not take the LAIV," Dadez said.

Opinions as to whether or not students are interested in getting the LAIV vary.

"I think that it is a good thing that they are offering the vaccine for those who wish to receive it," said Junior Jon Galo. "I have not gotten the vaccine yet, but I would feel safe and comfortable enough in receiving it. If other students are concerned about their health, they should most certainly get the vaccine."

However, some students aren't interested in getting the LAIV at all.

"Personally, I don't feel comfortable with the live virus vaccine because I don't have the best immune system," said Senior Emily Farnsworth. "I'd rather take my chances and not get the vaccine."

The CDC will also be administering a synthetic version of the vaccine in the form of a shot. This virus vaccine is not live and will cause less of a chance of symptoms as well as a danger of contracting the H1N1 virus. These shots will be available on campus within the next few weeks.

Students who are currently sick should hold off on getting the LAIV until they are completely cured of any symptoms. Administering a live virus to a sick person can be very dangerous and increases the chance of the person contracting the H1N1 virus. Upon arrival to the Health Center, located in DeChantal Hall, students will be asked to fill out a short questionnaire and waiver form before receiving the LAIV. The Health Center encourages students to come and get the vaccine as soon as possible before the supply runs out. The Health Center is open Monday through Friday from 8am to 5pm. For more information on the LAIV or other vaccines, visit www.cdc.gov/h1n1flu or call the Health Center at 352-588-8347.

Making the grade: Standardized scale

BY COLLIN R. GOOD
Lions' Pride Assistant Editor

Effective at the start of the spring term, Saint Leo University staff will be adopting a standardized grading scale. The impact of the standardization may be far reaching, challenging the ideals of a liberal arts college, yet leveling the playing field across the majors.

One of the most interesting things about academia at Saint Leo is that professors are allowed to teach in whatever fashion they deem fit for their students. Until now, colleges and universities across the country have allowed professors to follow the curricula in their own styles, adding to the "college experience." We all remember Jennings from the classic college movie, "Animal House," adding his own spin on the topics at hand. However, the standardization of grading scales only reinforces Saint Leo's commitment to its students, asking only that the faculty judge everyone by the same criteria, and allowing for potentially brighter futures for more students.

An accredited member of the Southern Association of Colleges and Schools (SACS) since 1967, Saint Leo has become an institution of higher learning known around the world. SACS follows the Saint Leo tradition of integrity, integrating in their *Principles of Accreditation*, the definition they follow: "The Commission on Colleges expects integrity to govern the operation of institutions and for institutions to make reasonable and responsible decisions consistent with the spirit of integrity in all matters."

The value of integrity is certainly a driving factor in the decision to standardize the grading scale.

Simply put, the standardization means that an 'A' in one class is the same as an 'A' in any other class. This is an effective tool for professors, certainly those within a department, making sure that students are learning at the same capacity and intensity as others in the course with a different instructor.

"The Academic Standards and Policy committee was given the task to review the grading scale by the Vice President of Academic Affairs. This issue arose out of students' concerns about the unevenness of grades across classes," said Dr. Cindy Lee, associate professor and Director of the Graduate Social Work Program at Saint

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Opinions

He Said: It's not against the Constitution

BY NICK BLIESNER
Special to the Lions' Pride

First, so it is clear, this is my first editorial for *The Lions' Pride*. Since my freshmen year, I have wanted to contribute to the student newspaper, but never had the opportunity to do so until now. I'm happy to be writing this piece, and if asked to contribute again, and I hope to write another one for succeeding issues. Katie and I found it difficult to find a topic to write on, seeing as all of the more "controversial" topics previously had been argued by her and alumnus Josh Smith. However, I recalled the debate competition I participated in about two weeks ago hosted by the gentlemen of Alpha Phi Alpha fraternity. They hosted great debates among the Greek community spanning a wide variety of topics. Thus, the topic presented here was the one to which I had to argue in the affirmative. Thus, does sanctioning employees due to the contents of their personal social networking media unfairly infringe upon their personal right to free speech? To this I argue, no.

I acknowledge that the constitution does provide for the free expression of speech as provided by the first amendment. However, in this digital age, the rules to which society has previously upheld these principles have changed with the innovation of the internet and other social networking media (Facebook, Twitter, MySpace, Photobucket, etc.). In the first place, let me remind all of you of a very significant fact. The "www" at the beginning of ANY domain name stands for WORLD WIDE WEB, an intricate network weaved together linking people to people globally. Anyone who has access to a simple internet server can access any site. Thus, pages like Twitter and Facebook can be accessed by anyone who is willing to join. Of course, I recognize these sites have certain security protocol that protects personal user accounts and provides users with the capacity to regulate who sees their profiles. To that, a certain level of discretion must be exerted. Because anyone can create an account with these sites, your future employer may make an account scouting for potential recruits. You have the capacity to deny anyone to see your page at YOUR discretion.

In the second place, the freedom of speech of the employee is not being infringed upon. They employer is not prohibiting the employee from participating in the social sites by any means. Thus, no right is being infringed. The employee can say what he wishes in a public domain. That right is not being taken away. However, it is the right of the employer to sanction the employee based upon what is posted in a PUBLIC domain if the employer feels that the material posted violates the contract that the employee agreed to.

In the third place, anything posted on a public site cannot be taken down. Once posted the material remains, in some fashion, permanently on the internet. Thus, when searched, the material can be found even if the "owner" has removed it from his personal account.

In conclusion, the overall point I am trying to convey is, be mindful of what you post on your social networking sites. The information you post can be seen by those who seek it out. Your rights aren't being infringed upon. Say what you wish, but it's your responsibility to use discretion.

She Said What???

Let's leave my personal life out of this

BY KATIE GAISER
Lions' Pride Layout Editor

There has been a lot of debate over whether or not the examination of pictures from social networking websites should be allowed by employers when monitoring an employee. The common argument is an employer having the opportunity to use these pictures against an employee is a violation of the Constitutional right to freedom of speech.

Although I see the point to this argument, I do not feel that this is a violation of freedom of speech. I think people should be aware that when they post anything on the internet, it may very well end up on the screen of someone they didn't intend it to.

I do, however, believe that employers using social networking websites without just reason to get their employees in trouble or potentially fired, is a violation of privacy.

The reason I believe this is simple. Just because there may be a picture of me on my Facebook with a beer in my hand does not mean I am drinking beer at work. What I choose to do outside of work should not be the business of my boss, just as it would not be my business what he or she does either. If I'm not drunk on the job, sneaking beers on my break, or coming to the office every day talking about how many keg stands I did with minors, I don't feel it is right for my employer to search my profile looking for evidence that I have a social life. Unless there is cause for concern and my work is being compromised because of how I behave outside of the workplace, there is no reason for my employer to look at my profile.

Furthermore, I'm willing to bet most college students do not approve of the idea of employers using their MySpace and Facebook profiles against them, and that the thought doesn't even cross their minds. After all, many college students who post pictures of themselves online are just trying to share with others the good times they are having and the memories they have made. No one posts pictures thinking, "Oh no, what if my future boss sees this?" And why should we? I know plenty of successful college students with high grade point averages that like to indulge and have a good time. This doesn't mean their social lives affect their school work, nor does it mean that in the future it would affect their professional career.

Now, I do believe people should be careful about the content they post on the internet. However, I do not think it is right for employers to look at their employees' photos for no reason. There has to be just cause.

If I am coming to work intoxicated or on drugs, then by all means my boss would have grounds to investigate me. Otherwise, my boss is violating my right to privacy and intruding upon my basic right to have a personal life.

Regardless of what I believe is right, I have had my own personal experiences with parties trying to use my photos as incriminating evidence, and trust me, it's not a fun thing. I'd advise readers to think before they upload and save themselves the risk. Some things are better left on the memory card.

And that's what she said.

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Corrections

In the article entitled "The feeling of freedom" published in the October 30th edition of *The Lions' Pride*, Senior Nick Bliesner's name was spelled incorrectly. The paper would like to apologize for this mistake.

Write here

The Lions' Pride newsroom is located in the Student Activities Center, office 106. Our phone number is (352) 588-8316. Send letters to the editor to The Lions' Pride: 33701 State Road 52 Saint Leo, FL 33574 or email us at lions.pride@saintleo.edu. Letters to the editor must be submitted with student's name, year, and major. Faculty and staff members must include rank and department. Please include a phone number (not a publication) so we can verify authorship.

Looking for something interesting to do after college?

BY MARY F. CHUHINKO
Lions' Pride Staff Writer

College is almost over! So don't wait another minute trying to decide what to do after graduation; check out the Peace Corps!

University of South Florida campus recruiter Monica McGuire came to Saint Leo Wednesday, October 28. McGuire spoke of her experiences traveling to Estonia during her time in the Peace Corps. She then put on an inspiring Peace Corps video, which showcased many different points of view that people had of their experience in the Peace Corps.

"The Peace Corps is probably the best gift a person could give themselves," said McGuire. When applying to the Peace Corps, a person needs to be flexible. The application process takes about five months to a year, so it is important to apply early. The basic qualifications are that an applicant must be eighteen, a US citizen, and be in generally good health.

Taking part in the Peace Corps, a member is expected to uphold the three part mission. A participant is meant to be an ambassador for the United States. After their stay in the country, it's important for the participant to be an ambassador for that country. The third is that the participant is involved in a project that does not need his assistance once the participant leaves.

The Peace Corps is very selective, and it is recommended that a person has a degree before applying. McGuire has a degree in art history, which proved unhelpful when applying since there are not many opportunities for art history projects. McGuire had to look at her hobbies. Often an applicant must look at her hobbies as a way of finding a good opener to a program.

The Peace Corps give participants an allowance and pays for airfare to the country. Participants also receive full health care during their stay, along with earning two days of vacation time each month. The required stay is two years, and once the stay is over, all participants receive $6000.

There are five big umbrella groups that participants have to choose from including education, business, environment, public health, and agriculture. It is important for people interested to be strategic for what they want to volunteer in. The participants need to come to the table with skills and experience to make them appear to be better applicants.

The Peace Corps has many opportunities, such as graduate programs. If applicants are interested in graduate schools, they should apply beforehand. The application process is very extensive. Applicants need three letters of recommendation: one from a volunteer, one from a friend, and the third from a professional/professor. The applicant will have to write two essays, one dealing with cross culture, and the second a motivational statement.

There will be a national agency background check and an interview. In the interview it is important to display maturity and cultural sensitivity. After fulfilling local requirements, applicants will be bumped to the medical exam in Washington, DC. After applicants pass this portion, they will receive an official invitation, and will find out the region but not the country.

For more information contact Monica McGuire at peacecorps@iac.usf.edu or (813) 974-4579.

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Leo University. "The faculty also presented these concerns to the VPAA."

"Therefore, the goal of the committee was to identify a standard grading scale to ensure consistency in grading across the University. This includes all Saint Leo locations. The committee reviewed grading scales from all locations and determined the best representation of the grading scale used by professors. It is also consistent with grading scales at similar universities. The benefits to the student body are that the VPAA and the committee addressed and met the concerns of the student body and it will benefit students in knowing that there will be consistency in grades across classes."

The standard grading scale helps in maintaining the highest standard while at the same time preserving the autonomy of the professor in evaluating and assigning grades. The standard scale does not take away the faculty's ability to assign grades as they determine. How the instructor arrives at the grade or average and weighs assignments is up to the individual professor.

For more information on the standardization of the grading scale, contact your academic advisor.

Grading Scale

In order to provide consistent grading standards across all undergraduate courses, effective with the 2010 Spring term/ semester, all undergraduate sections will follow a standard grading scale. A grading scale is used to translate letter grades into point values, and vice versa, when calculating final grades.

- A 94-100%
- A- 90-93%
- B+ 87-89%
- B 84-86%
- B- 80-83%
- C+ 77-79%
- C 74-76%
- C- 70-73%
- D+ 67-69%
- D 60-66%
- F <60%

International Business Conference: a unique experience for Saint Leo students

BY DANA JENNINGS
Lions' Pride Staff Writer

Saint Leo University's International Business Conference gave students a unique opportunity to gain understanding and experience from speakers with global heritage and knowledge.

The conference was conducted from November 5 through November 7, and was structured in sessions that accommodated schedule differences between visitors and students. The speakers were from the world over, including individuals from China, India, Ireland, Canada, Afghanistan, and Slovenia, to name a few.

"Students get an opportunity to see that the world is bigger than their dorm rooms with the diversity of the presenters," said Ashley Henderson, the Saint Leo University MBA program manager. This gave students opportunities to speak with people who have lived their experience, as opposed to reading about it out of a textbook. Students were encouraged with possible extra credit and a raffle at the end of the conference, engendering conversation and interest in the topics being presented.

Students were also honored as presenters, with topics such as "International Accounting Standards" and "International Trade with an Emphasis on Canada and Florida."

"Presenting was nerve-racking, but a good opportunity that opened a lot of topics for discussion with people from all over that have firsthand experience," said Sarah Robertson, an international business major.

Speakers gave examples of globalization taking a new look at an old issue. India is a new player in the industrial superpower world, but Dr. Jayashankar Swaminathan noted that India has been in India was a power in pre-common era times, as well as stating that "Columbus was searching for India to trade in silks and spices." Russia, Ireland, China, Canada and Japan were other examples of countries that have long histories and ethics in business, while the global economy and business environments are attempting to integrate them all into one singular yet diverse community.

Many presenters also spoke about nations that have been left behind the industrial revolution and are now beginning to catch up and will become powers in the near future. The former Yugoslavia, Russia, and Afghanistan were given as examples of countries that have a future in the global economy. Speaking to the difficulties of multi-cultural relations and interactions, USAF Lt. Col. Sean Murphy stated, "American solutions for Afghan problems seldom work." Students should be encouraged to look outside of their figurative box and seek experience and training in fluid and flexible areas.

While the conference's focus was business, religion was addressed as well. Dawn Wentworth-Miles spoke about Christianity as a business endeavor in both the local and global community. In her presentation she referred to mega-churches creating hundreds of millions of dollars in revenue, stating, "The Christian dollar equals enormous profits."

While SLU students may find themselves thinking that a business conference does not apply to them or their area of study, Henderson said, "Globalization is where corporations are going, and education needs to follow." Students live in an increasingly global community, facilitated by Facebook, Twitter, and the Internet. This conference addressed this issue and many others. Henderson also said, "Students should be excited for when this conference returns next year, as opportunities like this are unique and should be taken advantage of."

Cheap travel tips

BY COLLEEN SHANAHAN
Lions' Pride Online Editor

Looking for cheap travel home over the holidays or planning for spring break already? This reporter has compiled a list of the current "hot" deals for travel for students seeking deals.

Please note, readers, these deals may change at any time, so it is up to you to double check before purchasing or make sure to call the company with any questions before purchase.

1.Save 15% on a roundtrip ticket through Southwest Airlines through Paypal. Sign up through this link http://tinyurl.com/southwestcoup and receive a 15 percent coupon off your roundtrip ticket through January 31. You must book a ticket between November 3 and December 1. The following range of dates are not eligible for the discount : November 20, 2009 through December 1, 2009 and December 18, 2009 through January 4, 2010. Courtesy of Slickdeals.net

2.Use www.bing.com/travel to predict when you should by your ticket. This service predicts when ticket prices are ideal to buy and when you should wait to buy. Use this tool along with other airline fare searches to find your best price on fares.

3.Sign up with www.Travelzoo.com's email list. When you sign up with Travelzoo, you will receive daily top 20 deals in your inbox. Be warned, though. Travel deals that go out with Travelzoo usually sell out immediately, so be sure and be on your toes when you find a package that suits your needs.

4.Want to compare airline flight prices side by side? Check out www.Kayak.com to solve your holiday flight search problems. Type in your desired flight dates, choose the companies you wish to compare, and get results that compare many places in one page, which cuts down on time.

5.After you check out Kayak for airline fares, make sure you check out the airlines' respective sites to check out their fares. The actual company site may prove to be cheaper than the secondary site (ie. Priceline, Orbits, Travelocity etc.) because they tend to charge fees for things you book through them.

6.Already have an airline ticket or in the process of buying one? Use www.seatguru.com to find the best seat on the airplane you are traveling on. This site goes through and explains through color coded maps which seats are the best and which are the worst.

7.Looking for hotels? Type in this code: 09NOV10 on www.Expedia.com for $10 off a night on hotel rooms for stays of two nights or more. Courtesy of www.Slickdeals.net

Happy cheap traveling Saint Leo!

Tales from down under: Aussie town travels

BY JORDAN COATES
Lions' Pride Staff Writer

Studying abroad has sent me travelling all the way across the world. However, the adventures don't end there. When studying overseas, there are three key points to keep in mind: school, nightlife, and traveling. At Macquarie University they encourage students to get out and explore Australia and all that surrounds.

When you plan your trip abroad, the school provides you with opportunities to travel upon arrival. One of the most popular is surf camp. My first weekend here in Australia was spent on the beautiful seven mile beach learning to surf. If you have never surfed before, this is such a great opportunity. With popular beaches like Manly and Bondi nearby, surf camp will not be the last time you hit the waves. It is important, however, to keep in mind that these waters have not only whales and dolphins, but Bondi beach is one of the most dangerous beaches when it comes to sharks!

Another popular travel location is the Blue Mountains. The landscape provides beautiful scenery, wild animals, and of course lots and lots of stairs to climb. Canberra, Australia's capital, proved to be a bore, but if you're coming all the way over here you might as well check out the memorials, museums, and parliament house. If you're lucky like we were, you might spot some wild kangaroos lurking outside your hotel.

These travel hot spots are an easy adventure. There is so much more to explore though. You might want to check out Ayers Rock, Brisbane, Melbourne, the Gold Coast, and the Great Barrier Reef. With all these places to see it makes you wish you were here for much longer than one semester.

One of the luxuries of beginning studies in Australia in August is yet another spring semester, which yes, means another spring break. After seven weeks of classes fly by, students are given two weeks off from uni. This is prime time to travel. The problem is choosing where you want to go. Many choose to stick to the warm weather and travel up the Gold Coast, or scuba dive in the Great Barrier Reef. Some set out for a road trip to Ayers Rock in the outback of Australia. Travelling to Thailand and other Asian countries is popular as well.

My roommates and I decided to defy the normal warm weather spring break and headed to Kiwi land, New Zealand. We travelled nine days through the entire south island. New Zealand is by far the most gorgeous, breathtaking place I have ever seen. No matter where you go, the snowy peaks are in clear view. We started our journey by visiting landscapes where both *The Lord of the Rings* and *Narnia* were filmed. From there, we went to explore Mt. Cook. We climbed over 700 stairs up a mountain. While my legs felt like they were going to fall off, it was totally worth it when we reached the glacier and walked along the ice.

Taking a cruise along Doubtful Sound, we saw amazing views of the Southern Alps. We were also privileged to see bottle nose dolphins outside our cabin windows and seals perched along the rocks. Even viewing the massive amounts of pictures I took, nothing does this place justice.

Jordan bungee jumping in New Zealand. Photograph courtesy of Jordan Coates

We then travelled to the adrenalin capital of New Zealand, Queenstown. In this small ski town, the options are endless. You can do anything from snowboarding to riding a shot-over jet to sky diving. With all the opportunities it was a tough decision, but my choice landed at the bottom of a canyon after bungee jumping off a cliff. You are sure to get your adrenalin pumping as Queenstown is home to one of the largest bungees in the world, along with a few others.

When I first came to Australia, people told me to not leave this place without going to New Zealand. Now that I have, I would give the same advice to future Aussie travellers. Along with venturing to the land of the Kiwis, it is pertinent to continue your travels, use your time wisely, and make the most of the true Australian experience.

Hidden Treasures: The Fitness Center

BY JENNIFER ORTIZ
Lions' Pride Staff Writer

Take the winding pathway behind the Marion Bowling Center, i.e. the gym, blissfully ignore the cars whizzing by on the other side of that white picket fence, low and behold you have discovered a hidden treasure: The Fitness Center.

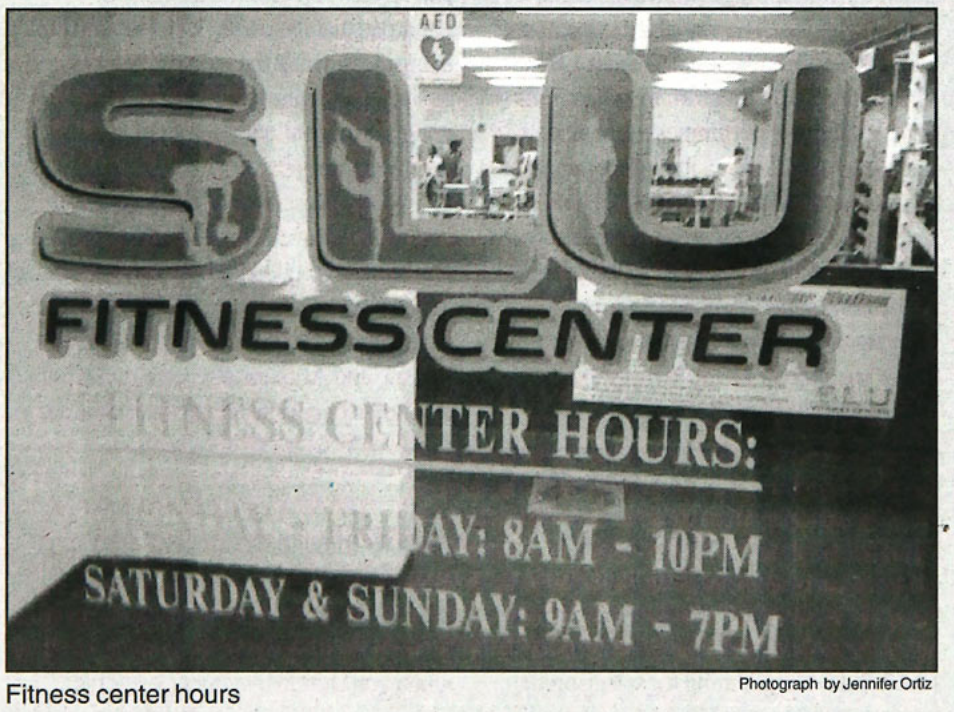
To gain access to the machinery, participants would need their student I.D. and a towel. Otherwise, admission would be denied, and the person would have to be turned away. For students (including commuters), as well as faculty and staff, membership is free.

The fee is free because it's lready paid for through student activities fees.

Contraptions that look more suitable for torture rather than fitness fill one half of the mirrored room. "Elliptical, bikes, and treadmills, that's what they're called," Ralph Alphonse, a greeter at the front desk, kindly informed me.

The other half of the room is dedicated to those looking to buff up more. Weights are stacked against the wall ranging from 2 pounds to 200, as well as benches for bench pressing. Men, as well as women, meander over to this side to test their strength or simply to improve it.

Way in the back, past the sight of hulking men lifting hundreds of pounds over their heads and women pounding away on the tread mills, in a secluded island all to itself is the studio. The brightly lit studio serves as a classroom minus the textbooks. Classes such as Zumba, yoga, and cardio-kickboxing fill the time slots on a weekly schedule. Hip-hop toning class is especially popular, and for the daring there's boot camp.



Fitness center hours Photograph by Jennifer Ortiz

Why would people (guys especially) want to slave away at the gym, running on the treadmills till the verge of collapse, gasping for air as they keep pushing onward, or lifting half of their own weight above their heads, red-faced and sweating profusely all the while. When at any moment, with a slip of a finger, the weights could suddenly come crashing down and crush their skulls.

So, why do people go to the fitness center?

"It's fun, trying to get into better shape and to get stronger," said Kyle DiGiacobbe, a freshman.

Allyn Tuff, a sophomore and resident assistant for Marmion, told me he frequents the gym because "he likes to be healthy."

Do people feel comfortable working out at The Fitness Center? Do people feel like people are checking each other out 24/7 while working out? How's a girl supposed to feel comfortable?

Tuff stared oddly. He laughed at this.

"We help each other out and spot each other, but we're a pretty unbiased bunch," Tuff said.

Bryan St. Cyr, a freshman, comments that "people really get into it," and concentrate on their own workouts by funneling out the distractions surrounding them. The most fascinating thing about this factoid is it's true.

If the people aren't plugged into their IPods and completely tuned out, then they're watching the television screens attached to their treadmills, or thoroughly immersed in their own workout routine. Regardless of their sex, people mind each other with a sort of easy-going, nonchalance because they are all striving towards a similar goal: to be healthy.

Or as Vanisa Wallace said, "Cause I want to look good in my shorts."

The Fitness Center truly is a hidden treasure. It's a gym conveniently located on campus, with a non-judgmental workout atmosphere, and it's already paid for. The Fitness Center is open for the health enthusiasts and even for those who are not so enthused by health or fitness, but immediately regret eating that triple-chocolate pudding parfait from the Lions' Den.

Swing on by! Saint Leo University's Fitness Center is open Monday through Friday from 8 a.m. to 10 p.m., as well as Saturday and Sunday from 9 a.m. to 7 p.m. Ask at the front desk for a schedule of the studio classes mentioned above.

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A close-knit community: The benefits of attending a small university

BY CHERALYN BARRINGTON
Lions' Pride Staff Writer

Although the number of Saint Leo's on-campus attendees is small, the schools perks are mighty.

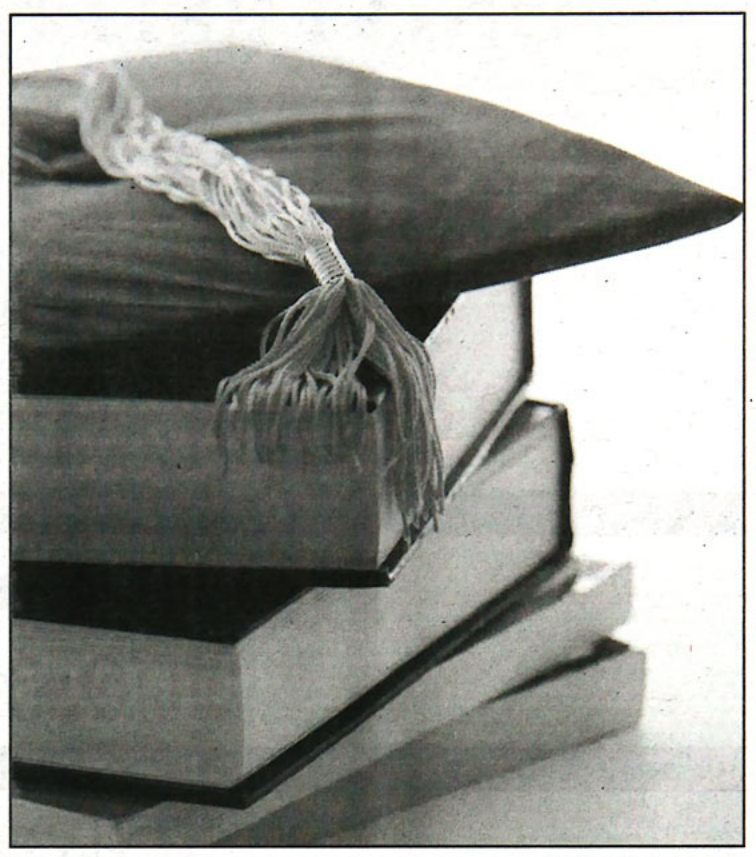
The petite size of Saint Leo University benefits its students in a variety of ways. Students are known personally by their first names, and can be recognized for their unique talents; at larger schools, the student's identity gets lost behind a social security number that differentiates between students. At a smaller school, students are able to personally get to know their teachers, thus, forming connections and bonds that can be very beneficial later in life. The students at Saint Leo are encouraged to perform research with faculty members, giving them opportunity to learn from the faculty and accomplish great things as an undergrad.

The Small Schools Project website states, "In small schools, everyone knows each other. Students are less likely to feel like outsiders. There are dramatic reductions in the incidents of fighting, vandalism, theft, and substance abuse. The safer, caring environment created by small schools promotes academic and personal development of all students."

Since the class size at Saint Leo is miniature in comparison to other schools, the students are able to ask a multitude of questions during class if necessary. Students may feel more comfortable asking an instructor to repeat or clarify something in a smaller group than in a larger one. Since the professor is more involved and available to each individual, this type of environment provides much room for encouragement. Since a smaller university is essentially like a small town, the school feels like a community where everyone knows one another. Also, since the number of students is small, the campus is smaller than other schools, making it easier to navigate around the different buildings. This is convenient when migrating from one class to another.

"I chose Saint Leo over other schools because when I visited in March for *Picture This,* I really fell in love with the fact that it's a very small, close-knit school, and I can walk down the hallways of Crawford or Lewis and I'll know a handful of people," said Saint Leo freshman Mike Gincel.

Another advantage at Saint Leo in particular is that there is a Learning Resource Center, or the LRC, in which students may go for free tutoring. At the LRC students can bring papers or assignments from any class and receive assistance. Also, because the teachers know their students personally, they are more likely to be helpful in offering extra credit to raise a grade. In addition, the library has many online resources to assist students in paper writing, and the staff is friendly and helpful. Also, the school's academic advisors are extremely accommodating and will go out of their way for their advisees. Having an advisor assigned to each student provides excellent guidance in choosing classes that best prepare the student for his or her chosen profession.



Due to Saint Leo's size, it is able to provide its freshmen with an excellent orientation experience in which the students get to go on a trip to Disney World or Universal Studios. At orientation, the students get a chance to bond with the other freshmen and have the possibility of developing lifelong friends. Saint Leo also provides $5 trips to a variety of places like Halloween Horror Nights, Howl-O-Scream, murder mystery shows, an assortment of sports games, and many more. Each trip is only $5, which is very affordable for the struggling college student.

Gincel said his favorite things about Saint Leo are "free cookies on Wednesday! I also really enjoy that we have bingo every month and that everyone is so pumped for it; when I went I met so many great new people and we had a fun night. The $5 trips to places like Grand Prix or Universal are great; I've met a lot of awesome people that way. CAB is a great organization, and the pool nights are fun. I enjoyed seeing jaws at the pool, I love the lamp challenges, and I just love everything in general. The SLU 100 class definitely gives me an idea of what I need to do for college, and I have a great professor."

Although there are also many benefits to going to larger schools, many students find a home at small schools such as Saint Leo.

Florida teacher of the year Megan Allen visits Saint Leo

BY MARY F. CHUHINKO
Lions' Pride Staff Writer

Kappa Delta Pi, the Education Honor Society, initiated 51 new members on Sunday, October 25 at 2 p.m..

The ceremony began with a welcome and introductions by Dr. Maribeth Durst, VPAA; the Dean of education, Dr. Carol Walker; the Chair, Dr. Candance Roberts; and Dr. Kim Higdon, the Chapter Counselor, who also read the purpose of Kappa Delta Pi.

The keynote speaker for this event was the 2010 Florida Department of Education/Macy's Teacher of the Year, Megan Allen. Allen is a true Cinderella story, a small town girl makes good. Surprisingly, Allen never wanted to be a teacher growing up. Her father was a lawyer and her mother was a teacher. Her mother used to tell her, "You can be anything you want to be, just don't be a teacher."

During her senior year of college, her mother was diagnosed with pancreatic cancer. Her mother was such an inspiration for her because she continued to teach her class, even through chemo-therapy. Her mother passed away and shortly afterwards her father was diagnosed with cancer.

Allen said she went through a dark time in her life before she came upon that "ah-ha-moment" and she realized she wanted to be a teacher. Allen said it was the best decision she ever made. Her advice while searching for a career is to ask yourself this question, "Don't ask what the world needs; ask what makes you come alive."

Allen continued her speech by sharing some unique secrets of her success. She shared "Daniel's Rock," which was a touching story about a boy named Daniel who gave Allen one of his favorite possessions in the world. This turned out to be a simple rock, which Allen used to represent how all teachers are a child's rock.

According to Allen, positivity is key. If a student makes a "C," treat it like a Noble Peace Prize. Find out what your students are interested in and bring it into the classroom. Share your experiences with your students. If you take a trip to New York, take pictures and create a fun presentation. It's important for a person to work smarter, not harder.

Most importantly, keep a "Sunshine Folder." Every time a student makes you something, keep it with you. It will help you when you're feeling down. Allen concluded her speech by giving the new members their very own rock, to keep with them and remind them to be the rock for their students.

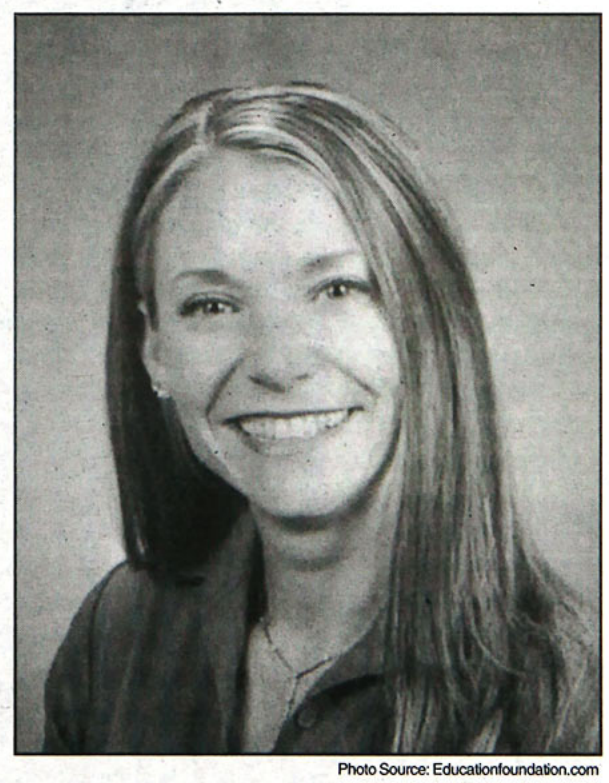


Photo Source: Educationfoundation.com

After the new members were initiated, Dr. Kim Higdon gave the closing remarks and Mrs. Carol McLeish gave a special blessing and opened for the reception.

"I'm very proud of all the inductees; the speaker Megan Allen was very inspirational. Overall, the event went very well," said newly-elected President and current Vice President of Kappa Delta Pi, Sarah Moore.

Arts & Entertainment

Art show 2009

BY SUMIRA SALIM
Lions' Pride Staff Writer

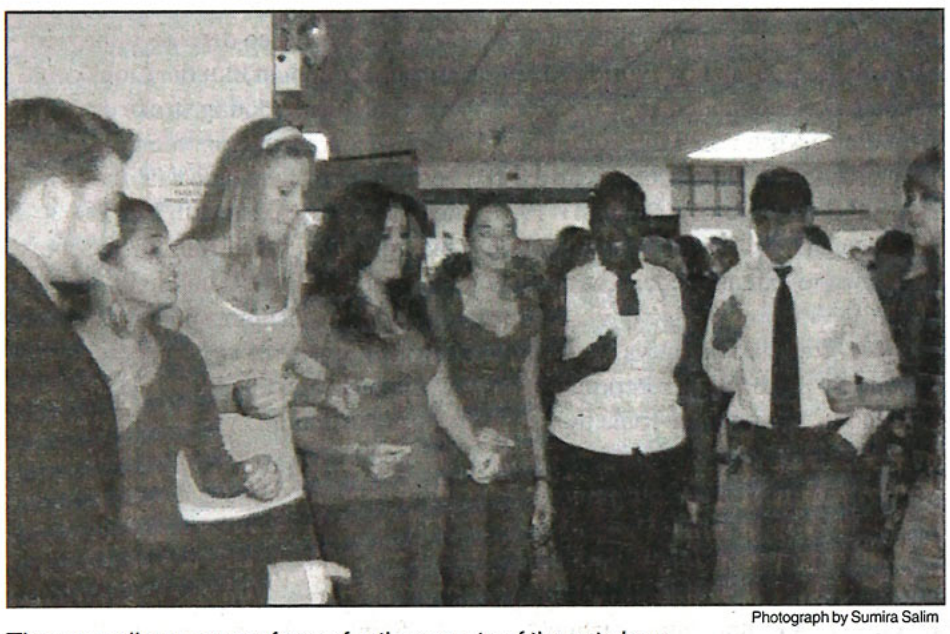
The art show on Thursday, November 5 was a big success. There were so many people on the main level of St. Edwards's Hall; it was hard to move about the room. As people walked around looking at the amazing art work, there were photographs, T-shirts, drawing, and sculptures. They also had food available and a wonderful octet singing group performing.

The crowd included a variety of Saint Leo staff and students. There was an English class present relating their class work with the art. Other students attended the art show for extra credit, while others went to support those artists who worked very hard.

"Relating our English class work is a creative way to get us involved in what going on on campus," said Erik Mcrae.

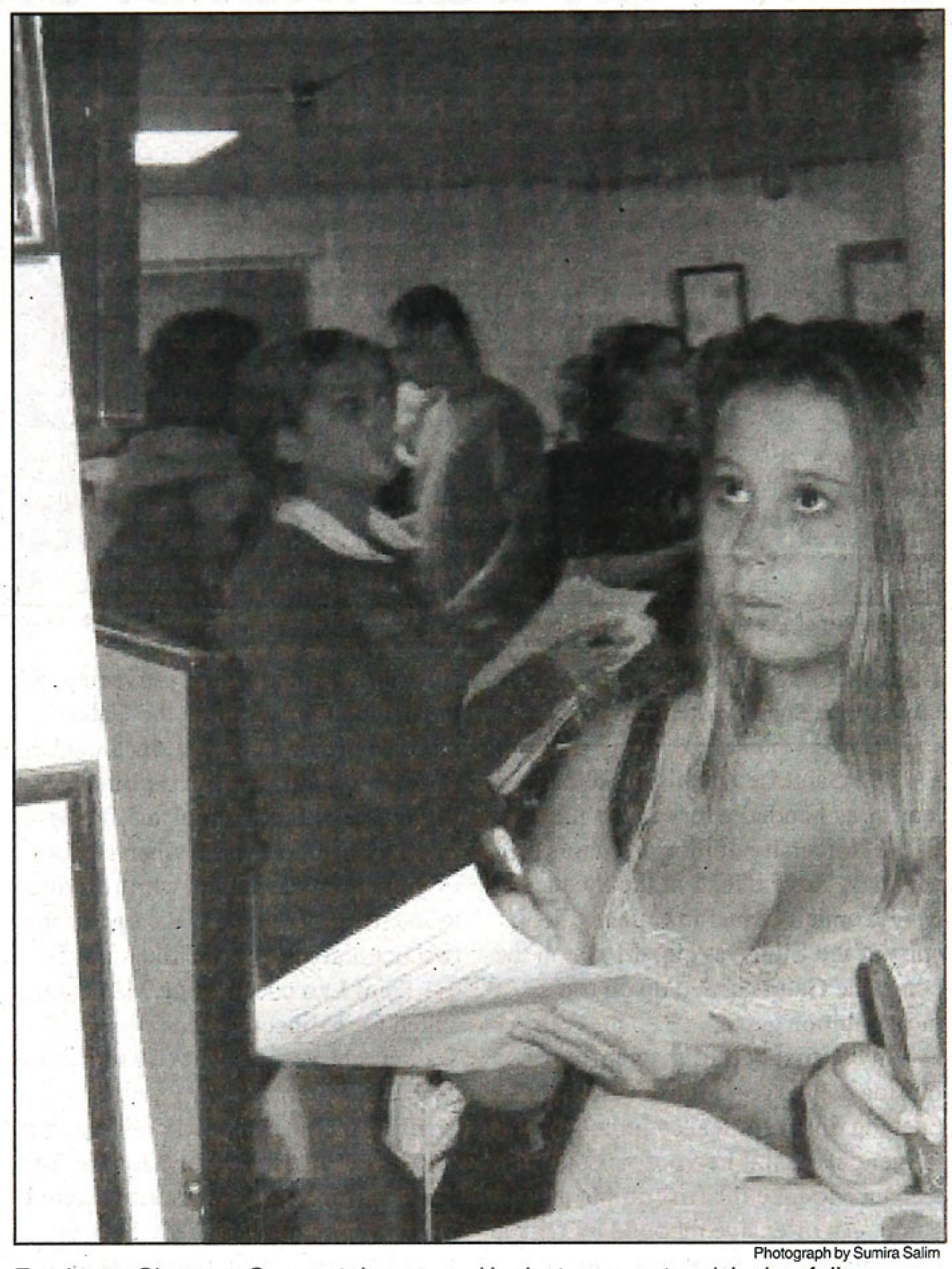
Saint Leo's very own acapella group also performed a number of songs including "Don't Stop Believing" from the musical Glee and "Stand by Me" originally written by Ben E. King.

The event was pleasing to all with an assortment of creative pieces and interesting music for students, faculty and staff to enjoy.



Photograph by Sumira Salim

The acapella group performs for the guests of the art show



Photograph by Sumira Salim

Freshman Shannan Cooper takes a good look at some artwork by her fellow students

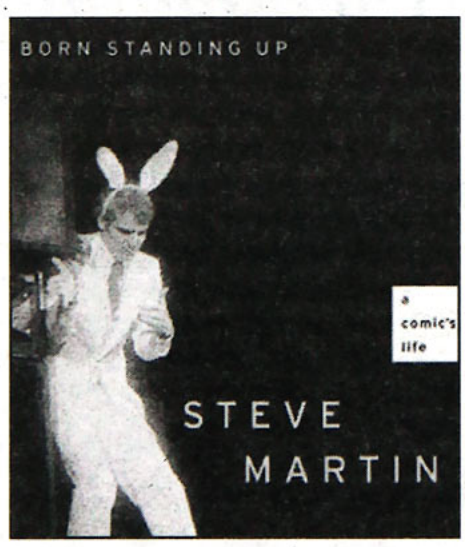
Book Review: Steve Martin's *Born Standing Up*

BY CASEY MCKENNA
Lions' Pride Entertainment Editor

For those who appreciate the wit and humor of Steve Martin, whose movie appearances include *Father of the Bride* and *L.A. Story*, his memoir, *Born Standing Up*, shares the interesting and surprising path that lead Martin to his career in comedy and acting.

Martin shares the story of his constant willingness to work for his passion. He lets his audience in on a little secret. His passion wasn't originally acting; it was magic! Martin bounced from job to job, learning what he could about the craft. His first experience was at the infamous Disneyland, working in retail stores, and honing his skills with fellow magicians and learning about performance from dusty books that shared the tricks of the trade.

His lacking relationship with his family, specifically his father, lead Martin to his independent pursuit of success. Martin shares his experience with education as a track that he hesitantly pursued, but was eventually pushed into a likable practice thanks to his first love, Stormie Omartian, an eventual lover of Elvis Presley.



Majoring in philosophy and taking up a strong interest in writers such as T.S. Elliot and E.E. Cummings, Martin was convinced at one point in his education, and that he was destined to become a teacher. He shares the reason: no matter what path one chooses to pursue, originality is one of the most important aspects an individual can have. He shares this and other learned lessons in *Born Standing Up*. For anyone who appreciates stories of success, struggle, and happiness, *Born Standing Up* is a memoir that they will want to read.

A children's classic, all grown Up

BY LINDSAY RENNER
Lions' Pride Staff Writer

Growing up, many children were read to by their parents at night. One of the most beloved books since its 1963 publication is Maurice Sendak's *Where the Wild Things Are*. This classic children's tale was recently adapted for the big screen by acclaimed author Dave Eggers and Spike Jonze. This movie, though beautifully done, is a far cry from the comforting children's tale of years gone by.

Where the Wild Things Are tells the tale of Max, a young boy with a big imagination. Max has an extremely active imagination, and is a misfit at school and at home. To escape his troubles, Max sails away to an island full of monsters he has created in his mind, who make him the king of their imaginary land, in hopes that he will "keep the sadness out." As time passes, the high expectations the beasts place on him become increasingly evident, and tension mounts as they realize that Max is just a boy and cannot possibly fulfill all their dreams.

Jonze worked closely with Sendak when adapting the film, and it certainly stays true to the book. However, the problems that the monsters have become even more concrete on the big screen, and a feeling of loneliness and isolation runs. The conflicts between the monsters grow intense, and are clearly indicative of what could be construed as mental disorders on their part. This makes one question how appropriate the movie is for children.

Jonze and Eggers prove to be a wonderful team for adapting as significant a story such as this. It speaks well of them that they can take a ten-sentence children's story, and adapt it into a powerful, multi-dimensional story that speaks to universal, if not more adult themes. While this movie is not explicitly inappropriate for children, it is most certainly something that seems to be attuned to an older crowd. It is well-cast, well-acted, and the special effects are to be deeply admired, as they are understated enough to look realistic but still create a dreamlike effect for the viewer. This is not the children's story readers may have grown up with; it is as if the story has grown up with them.

Sports

Lions Play Ball with DI University of Florida Gators

SLU Basketball Player

Courtesy of Mike Carlson

Saint Leo Starting Five Against Florida Gators

Courtesy of Mike Carlson

BY JACOB STOUT
Lions' Pride Sports Writer

The Saint Leo men's basketball team was handed a loss at the hands of the University of Florida Gators on Monday, November 2 at the Stephen C. O'Connell Center in Gainesville. In spite of the Lions' strong efforts on the court, the Gators ended up on top in the exhibition game.

In the first half of the game, Florida gained control from the opening tip, but a steal by junior Daniel Oliver gave Saint Leo possession and a chance to take the first points of the game. An offensive rebound by Oliver off a missed jump shot by senior Josue Vazquez gave the Lions another opportunity when freshman Dominick Robinson took a jumper shot. Florida rebounded and showed their speed right away with a fast break ending in a layup by Kenny Boynton.

Florida pressed the Lions bringing the ball up the court, but the Gators stifling defense did not allow Saint Leo to get into a flow. A three-pointer by Boynton and Florida took a 5-0 lead. The Lions got on board when senior Eric Sharper was fouled while driving to the hoop. Sharper made one of the two free-throws to make the score 5-1.

Saint Leo coach Mike Madagan called for a timeout after Erving Walker and Vernon Macklin scored for the Gators to make it 9-1. After the timeout, Lions' senior Jordan Prais put back an offensive rebound for his first points of the game. Florida answered with an 11-0 run to make it 20-3 and Saint Leo tried to contain the Gators. With ten minutes left in the first half, Prais scored again but Florida held onto their lead at 30-9.

Florida continued to increase their lead to 41-12. A small 4-0 run by Saint Leo caused Florida coach Billy Donovan to call a timeout. Out of the timeout, a missed three-pointer by Florida's Dan Werner was rebounded by Vaszquez who then assisted on a three-pointer by junior Jamal Thompson to cap a 7-0 run and cut the Gators lead to 41-19. Florida came back with a 7-0 run of their own to extend the lead back to 29 points.

Two free-throws by Vazquez and a layup by junior Walter Perkins cut the lead to 25, but three fouls by the Lions gave the Gators six free-throws, which they made, and at halftime Florida led by a score of 54-23.

The Lions came out from halftime and quickly scored on two free-throws by Oliver. A minute later, Vazquez made a layup and quickly stole the inbounds pass from Dan Werner but could not convert the short jumper. The teams exchanged field goals until the Gators got some momentum and went on an 8-0 run to make the score 71-33.

The Saint Leo defense improved in the second half, but the Lions could not find their shooting stroke as they shot a 23 percent from the field. The remainder of the game saw the two teams swap baskets with Florida making a few small runs. The score ended up for Florida on top 95-46.

Prais and Thompson led the way for the Lions with 11 points each, while the Gators had four players scoring in double figures, with Boyton being the high scorer with 22. The Lions improved on the number of fouls committed in the second half, allowing the Gators to attempt only six free-throws.

Saint Leo has now played Florida in exhibition basketball three times; the first two times they faced each other in 1983 and 1984, and the most recent, on November 2.

Lady Lions Capture a Win 1-0 against Nova in quarterfinals

BY JESSICA PALL & MINDY PIERCE
Lions' Pride Sports Editors

On a chilly Tuesday Night, November 3, the Lady Lions Soccer Team won their first game of the Sunshine State Conference tournament against Nova Southeastern University in the quarterfinal round match.

Statistically, the Lions held advantage in every category except for saves.

Chrissy Darwell (#4) scored in the first 69 seconds of the game, providing the only goal of the night and winning the game.

The Lion players came very close with getting another goal as 5 shots were shot in the first half of the game. Overall, they outshot Nova 12 to 3.

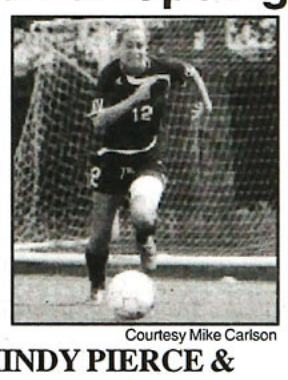
Fans were given free towels, cracker jacks, and peanuts by Student Government. During halftime, volleyball coach Sam Cibrone gave the crowd a good laugh as he came out dressed up in costume play fighting against the Saint Leo's Lion mascot.

SLU Womens' Soccer

Courtesy of Mike Carlson

The top six teams, based on points earned in Sunshine State Conference games, advance to the championship. The top two seeds receive byes for quarterfinal round. The game on Friday, November 7 will leave the lady Lions with one more game in the 2010 season with last SSC tournament game against Rollins 4-1 in quarterfinals.

Senior Spotlight



Courtesy Mike Carlson

BY MINDY PIERCE & JESSICA PALL
Lions' Pride Sports Editors

Hannah Beard is originally from Liverpool, England and is majoring in criminal justice.

Beard has played women's soccer with the Lions all four years of college. She names her biggest accomplishments with SLU soccer to be named conference player of the year and All-American for Division II women's soccer. She was recently named Athlete of the Week by the Saint Leo athletic department October 26, 2009. Aside from her personal accomplishments, her contribution to the team led the Lions to become Sunshine State Conference Champions for the 2008 season.

Beard told *The Lions' Pride* that she plans on staying in America and hopes to keep playing soccer. She also plans on pursuing a career in criminal justice. Good luck with the rest of your senior year Hannah!